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Title	Effects of Use of Kolkolis Foort Stick Massage on Physiologic Responses among Adults with Primary Hypertension from Ethnic Groups of LaTrinidad Benguet
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### **ABSTRACT**

Complementary and alternative medicine is gradually gaining entry to the field of nursing in terms of provision of holistic patient care. It refers to methods, products or health practices being applied in combination or singly to maintain wellness and even treat illnesses. In the Philippines, a variety of alternative medicine exists since the locals are of different descents and ethnicity. This applies to the different cultural practices and norms being observed. Such practice is the Kolkolis foot stick Massage in Benguet, a province in Northern Luzon. People who have experienced it claimed to have been relaxed, had reduction of pain and better sleep. The interest in studying this practice came about not only because of its possible contribution as nursing non-pharmacologic intervention, but more so because of the preservation of culture encompassing it and its acceptability in a local community. The purpose of this study was to determine the effects of Kolkolis on the physiologic responses (blood pressure, heart rate, hours of sleep) of selected patients with primary hypertension in Benguet.

This study utilized a pretest-posttest, one group design and was done at a barangay health unit in La Trinidad, Benguet. All of the patients (n=63) who participated in this study were selectively chosen based on exclusion/inclusion criteria. The study participants received the usual nursing care and the intervention for two consecutive days. The group was monitored for blood pressure, heart rate, and hours of sleep using tools that were pilot tested and shown to have a fairly high degree of reliability. Expertise of the nurse in doing the procedure was ensured by undergoing training from the experts of Kolkolis massage in the province. The Ethics Review Board, UPOU granted approval for the thesis. The office of the National Commission for Indigenous People (NCIP) and the local government units were consulted, and approval was given.

The results showed most of the participants were females, married, with the mean age of 54 years, and mostly belonging to the Kanka ey tribe. Participants were reported to have had their hypertension diagnosed within 2-5 years. Findings showed that there was significant decrease in systolic and diastolic blood pressures after the procedure. Heart rate was significantly decreased, and sleep hours had improved. The responses were observed to be of short-term duration. The participants expressed the relaxing effects and good feeling given by the Kolkolis massage.

Since this study provided an avenue as a strategy on health promotion for primary hypertension, recommendation is made to support the practice of Kolkolis massage by the local government

units. Nursing guidelines can be developed for community health. The intervention is acceptable, affordable and culturally congruent. Further research on this intervention is recommended.